

Southwest Highlands

Including Ben Nevis, Glen Coe and the rest of Lochaber, Argyll including the Isles, Loch Lomond, Trossachs and Arran

Forecast valid from 06:00 on Monday 31 Jul 2023 until 23:59 on Tuesday 01 Aug 2023

Forecast Issued on Monday 31 Jul 2023 at 04:05 by Met Office Aberdeen

Confidence: Generally high Monday and Tuesday, but low for intensity of rain on Monday. Low for Wednesday with a chance of rain passing further south. Confidence improves for Thursday and Friday.

Headline for Monday 31 Jul 2023: Low cloud and rain for much of the day.

Mountain weather hazards on Monday 31 Jul 2023

Blizzards

No Likelihood

Heavy persistent snow

No Likelihood

Storm force winds

No Likelihood

Gales

No Likelihood

Severe chill effect

No Likelihood

Poor visibility

High Likelihood

Thunderstorms

No Likelihood

Heavy persistent rain

Medium Likelihood

Strong sunlight

No Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
					
Heavy Rain	Heavy Rain	Heavy Rain	Heavy Rain	Light rain	Light rain
Precipitation probability					
>95%	>95%	90%	90%	80%	70%

Forecast for Monday 31 Jul 2023

Weather: Persistent, often heavy, rain across all ranges throughout Monday. Rain will turn lighter and patchy late evening.

Chance of cloud-free hill tops above 800m: Nil.

Low Cloud and visibility: Very poor visibility in rain and low cloud. Cloud extensive above 400-500m, occasionally to lower slopes across western hills.

Forecast for Monday 31 Jul 2023

Height (m)	Wind Speed mean/gusts (mph)				Wind Direction (blowing from)		
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1300	15/18 SE	22/28 SE	21/27 S	21/27 S	17/22 S	11/15 S	9/11 SE
900	17/21 SE	18/22 SE	15/21 S	17/23 S	14/18 S	9/13 S	7/9 SE
600	6/7 E	9/12 SE	15/20 S	20/25 S	15/19 S	10/13 S	7/10 SE
300	4/6 E	6/10 E	9/14 S	11/18 S	8/14 S	5/10 S	3/7 SE
Glen	2/8 E	2/7 SE	8/16 S	11/20 S	8/15 S	6/12 S	3/6 S

Height (m)	Temperature / Feels Like (°C)						
1300	8/4	7/2	8/3	8/3	7/3	7/4	6/4
900	8/4	9/5	10/7	10/7	10/7	9/7	8/7
600	12/11	12/11	12/9	12/8	11/9	11/9	10/9
300	12/11	13/12	14/12	13/12	13/12	13/12	12/12
Glen	13/13	14/14	15/14	15/13	15/14	14/14	14/14
Freezing Level*	2900m	2900m	2700m	2700m	2600m	2600m	2500m

*Level above which ground is expected to be frozen/snow is expected to settle.

Met Office Aberdeen Meteorologist's View

Very wet underfoot conditions with a risk of some paths and a slight risk of some access roads becoming flooded, but large uncertainty in intensity of the rain.

Forecast for Tuesday 01 Aug 2023

Weather: Some patchy light rain or drizzle and low cloud through the early hours. Turning largely dry through the morning. Scattered showers in the afternoon and early evening.

Maximum wind: Mainly easterly 10 mph gusting 15 mph.

Chance of cloud-free hill tops above 800m: Nil in the morning 30% in the afternoon.

Low Cloud and visibility: Mostly poor or very poor visibility in patchy rain and low cloud. Cloud extensive to around 400-500m early morning. Bases gradually lifting to around 800m by mid-morning, then 1200-1200m in the afternoon, with occasional breaks likely.

Temperature: **Glens:** Plus 13 Celsius rising to 17 Celsius.
At 800m: Plus 9 Celsius rising to 11 Celsius.
Freezing level: Above the summits.